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thenewhammag

issue 230 // 30 September – 14 October 2011

Follow the crowd

Westfield Stratford City opens its doors (p20)

NHS
East London and the City

Tell us what you think

If you've had a baby at Newham University Hospital or another local hospital in East London, in the last year, we want to hear from you.

An invitation to the

In Your Shoes event: Tell us what you think

11.30am • Monday 3 October

Canberra Children's Centre
1 Didsbury Close
East Ham, E6 2SX

Your story is important. Join our 'In Your Shoes' event on Monday 3 October 2011 and help to make a difference to the future of maternity care in Newham.

Buses: 5, 238, 325 • Tube station: East Ham

Lunch will be provided along with a crèche for your babies and older children. We can also cover travel expenses, just bring your ticket with you and we can refund you on the day. Partners are welcome.

As a Newham mum or dad, in your shoes is about listening to your experience to help improve the quality of the care hospitals provide. It gives us the chance to hear your experiences of your birth and the maternity care you received, before and after your baby was born.

We also want to find out what is important to you, what we do well and what we need to improve. We also want to look at ways of getting your view on a more regular basis.

It is also a chance to talk to the local NHS who are responsible for making sure local services meet the needs of the people who live in Newham.

By putting ourselves in your shoes and listening to your story, we can build a better understanding of what it's like to be a patient and how we can make your experience a good one.

If you would like to join us please contact us so we can book a place in the crèche for you.

Email: maxine.farmer@nhs.net
Tel: 020 7683 2727

We look forward to meeting you.

NHSELC11/483

Newham London

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the newham mag

Look out for the next issue from 14 October 2011

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30 September 2011 // **issue 230**

In this special issue we're celebrating the opening of Westfield Stratford City – and there were plenty of celebrations in E20 as it opened its doors for trading. See our picture special on page 20, read about our Stratford shopping guide (p14) and a resident who has found work at the centre on page 12. If you have ideas about how you'd like to celebrate in 2012 we'll help you make it happen at our special event to get the party started on 8 October (p8).

Our efforts to hold the perpetrators of this summer's disturbances to account continue – see our latest wall of shame on page 10.

Cllr Lester Hudson
Executive member for finance, property and support services

Don't forget – If you live in Beckton, Green Street, Manor Park, Plaistow and Stratford and West Ham community forum areas, look inside for local news and events in In Focus.

MAG TEAM: 020 3373 4576
IN FOCUS: 020 3373 2684
STAFF PHOTOGRAPHER: Andrew Baker

To advertise in the mag call
Julie Madell on **07890 529 090**

recycle **Don't forget to recycle your Newham Mag once you've read it**

For all Newham Council services call 020 8430 2000 or visit www.newham.gov.uk

If you do not receive The Newham Mag at home, or know someone who doesn't, please call 020 3373 1517, write to The Newham Mag, West Wing, 4th Floor, Newham Dockside, Dockside Road, London E16 2QU or email newham.mag@newham.gov.uk

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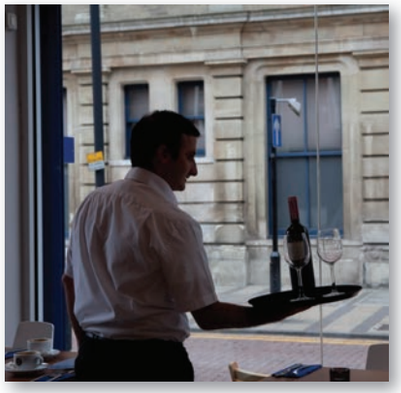

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Newham London

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

IN BRIEF //

Newham Council Tenants and Leaseholders Survey 2011
Between October and December Newham Council will be surveying tenants and leaseholders via IPSOS Mori on how satisfied they are with the service they receive from their landlord.

If you receive a copy of this survey, please find the time to complete it. The information that you provide will be completely anonymous and confidential and will help the council and our managing agents to improve their service provision to you.

For more information please contact IPSOS MORI on freephone 08082 385 481.

Watch Westfield's big day
On Tuesday 13 September Westfield Stratford City officially opened to the public, attracting more than 160,000 visitors on the first day. The council was there to capture the excitement of this much anticipated occasion on film. Visit www.newham.gov.uk/westfieldopening to see it for yourself.

Tea Dances waltz on
Join us for an old-fashioned spin around the dance floor. The next tea dance is on Monday 17 October at Old Town Hall Stratford, from 1.30-4.30pm. Cost: £2 per person (including free raffle).

Join our planning panel
Newham's Design Review Panel (DRP), which evaluates development proposals in the borough, is looking for new panel members for the 2012 - 2014 term. The deadline for applications is 7 October.

The panel has played a role in the Canning Town masterplan, the Stratford Metropolitan Masterplan and Siemens Urban Sustainability Centre.

Landlord licensing proposals

Private tenants, landlords, residents and businesses are invited to comment on licensing proposals that aim to improve the standards of rental accommodation in the borough.

Properties owned by landlords who do not operate in a professional way and fail to comply with the law are often associated with issues relating to anti-social behaviour (ASB), extremely poor and dangerous housing conditions and abuse of planning regulations.

A ten-week consultation is now under way and follows on from the pilot of a Neighbourhood Improvement Zone (NIZ) in Little Ilford ward, where all private landlords are required to license their property.

Cllr Andrew Baikie, executive member for housing, said: "Our residents deserve to live in safe, uncrowded properties. The NIZ pilot in Little Ilford ward has shown that our approach to tackling this issue works. By licensing private accommodation we can raise the standards of housing across the borough."

We want to hear from you. View details of the proposal and share your comments by visiting www.ors.org.uk/survey/newham

Countdown for Young Mayor 2011 begins

Current Young Mayor Ali Mohamed

Nominations for the position of Newham Young Mayor have now closed. Find out who your candidates for the 2011 election are by visiting www.newham.gov.uk/youngmayor from 7 October and reading their manifestos.

The campaign period is officially under way, with young hopefuls aged between 14 and 18 hoping to gain as many votes from their peers to secure the coveted position of Newham Young Mayor.

During the election campaign candidates will be telling young voters what they stand for and how they would improve the local area if they were elected. Keep an eye out for candidates at your school, college or youth centre where they'll be hard at work campaigning for your votes.

If you're aged 11 to 18 and either live, work or study in Newham you can vote in the final election on Wednesday 2 November. Polling stations will be located at local schools, colleges and at Newham and Stratford Town Hall.

Visit www.newham.gov.uk/youngmayor to find out more about the process.

News

Shaping your housing service

Earlier this year, the housing management organisation Newham Homes was reintegrated into the council. To ensure all services are efficient and effective, we are reviewing how we manage council housing.

In order that our customers can access as many services as possible by dialling only one number, from 1 November, all housing telephone queries should be made to the council's contact centre by calling 020 8430 2000. The housing services number will not take calls after this date. Residents should continue to call 0800 952 5555 for repairs.

Existing resident groups, focus groups and 4,000 tenants and leaseholders are being quizzed on how they can become more involved in shaping their services. Any proposals made by the council will be based on their feedback.

The results from the survey and focus groups will be shared in Neighbourhood News, which will be distributed at the end of October to tenants and leaseholders.

Changes at Atherton Leisure Centre

The council is to consult with residents over what they would want in a new leisure facility on the site of the Atherton Centre in Romford Road, Stratford. The council has agreed to close the centre from 31 December but is committed to a replacement on the site, including a swimming pool.

Spiralling costs for the repair of the ceiling over the centre's main pool and an estimated maintenance requirement of more than £2.2m over the next ten years means keeping it open is not the best use of Council Tax payers' money and it is better to replace the building.

Mayor Sir Robin Wales said: "It is right that the local community help us with developing the proposals. We will consult widely on the designs. I think our residents deserve a completely new fully accessible facility complete with pool."

After the closure many of the activities and clubs that currently take place in the centre will transfer to others across the borough.

The council is now working on a full timetable for consultation, closure and replacement, which will be published as quickly as possible. For further information visit www.newham.gov.uk

Animal welfare team wins gold

The council's animal welfare team have won a Gold award in the RSPCA Stray Dog Footprint Achievers in 2011, one of only 41 local authorities nationwide to do so. The presentation will be made at the House of Lords on 19 October.

The award recognises the council's clear procedures that ensure welfare of dogs and consistency of service. It also recognises the importance of information and education and rewards Newham for actively promoting schemes and services that may reduce the number of long-term strays and straying in the first instance, such as microchipping and neutering.

The council offers a free microchipping service to dogs whose owners live in the borough.

If you have lost or found a dog please contact the council's animal welfare service and the Battersea Dogs and Cats Home lost dog hotline to report it as soon as possible.

If you have information about dogs being used for fighting or intimidation please contact the council's animal welfare service. Information received will be treated as confidential. Contact the Animal Welfare Service on 020 8586 9739.

Here at last – and just the job

The volunteers who helped prepare the Stratford City shops for opening

Westfield Stratford City has finally opened in a Hollywood-style hurrah of glitz, glamour and celebrity.

More than 160,000 people went through its doors on the first day with hundreds queuing long before the wraps came off Europe's largest urban retail environment. A million visited in the first week.

Shoppers surged towards the stores as the doors opened. With the main stadium hosting the 2012 Games a mere javelin throw away, if shopping were an Olympic sport we'd get gold every time.

It was almost impossible to walk more than a few paces in a straight line through the crowd without bumping into someone. It was so different from a just a few days earlier when I and fellow councillors and volunteers were invited into the empty and quiet centre to help the shops make their final preparations before the grand opening.

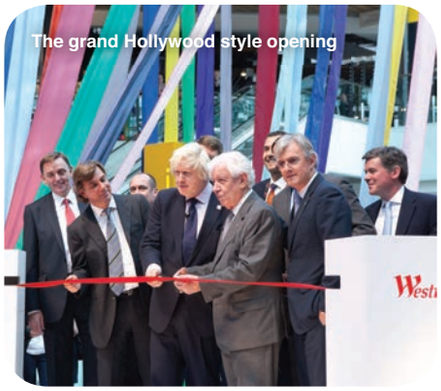
With 1.9m sq ft of shopping space and surrounding facilities, no wonder it has been given its own postcode of E20, famously the fictional location for EastEnders' Albert Square but now a genuine addition to the map.

When we originally granted planning permission for Westfield Stratford City, we knew it would benefit the borough. Westfield represents more than just bricks, mortar, fabulous shops and restaurants.

The Mayor and Cllr Lester Hudson add some finishing touches

Shoppers, tourists and visitors will bring economic benefits to Newham and will leave a lasting legacy long after the Olympics has rolled out of town. But the real good news for us is the 10,000 jobs it has created.

At least 1,000 of those are Newham people who have been helped by our successful Workplace initiative, which has focused on the needs of the businesses and employers themselves and helped us transform the lives of our residents by providing them with fulfilling and rewarding careers.


The grand Hollywood style opening

And we are continuing our partnership with Westfield by launching Skills Place Newham, a retail and hospitality academy based at Stratford City. Working with training and employment services provider Seetec, we will help people develop skills in hospitality, customer services, retail and business administration. More news on that in the next issue.

Mayor's view

Come and get the party started

Children at Canning Town's Ravenscroft School receive their plaque

In Newham we don't usually need an excuse to party and next year's Olympic and Paralympic Games and the Queen's Diamond Jubilee will be one of the biggest excuses ever.

"We all need to follow their example and show the rest of the world that our borough is the place to party! "

This year we celebrated St George's Day and the Royal Wedding with more than 100 street parties that were organised by residents with a little help from us. And during my visits to schools to present medals and plaques to young people who took part in the Newham Carnival, they have told me that they can't wait to be involved when the Olympic Torch comes here next year.

We all need to follow their example and show the rest of the world that our borough is the place to party! You can do that by being part of one of our events or organising one of your own.

No event is too big or too small and if we like your idea we'll support you with one-off funding of between £250 and £500 to make it happen.

So why not organise your own street party or music and dance performance? What about a mini-Olympics in your own back yard or local park or open space? How about an arts and crafts fair, or a photography display, or even a world record attempt? The list is endless, as long as people get together and have fun.

To kick things off, I invite you all to an event at the Old Town Hall in Broadway, Stratford, on Saturday 8 October to find out how we can help turn your ideas into reality.

You can meet with council staff for advice on setting up an event and hear from other residents who have already organised successful ones. More details are available in *the Newham Mag*. Come along and let's get the party started!

"I invite you all to an event at the Old Town Hall in Broadway, Stratford, on Saturday 8 October to find out how we can help turn your ideas into reality."

Manor Park's St Winefride's School pupils proudly display their medals

with Sir Robin Wales

Make 2012
a year to remember

With the Queen's Diamond Jubilee around the corner and the 2012 Games approaching faster than Usain Bolt, we're gearing up to make next year full of entertainment, excitement and opportunities.

Following on from the success of this year's Royal Wedding and St George's Day street parties, we're inviting you to share your ideas about celebrations in 2012 with us on Saturday 8 October at Old Town Hall Stratford.

Whether you want to hold a party on your street or a tea party in your back garden, your own X-Factor or mini Olympic Games, if you've got the ideas and enthusiasm our events experts have the knowhow to make it happen.

If you think winning gold at the Olympics would be easier than hosting a local event, think again. With a little help from the council, residents with small ideas have made big changes to their community.

Where's the party at?

A free launch event to show you how to get your party started will be held on **Saturday 8 October** at Old Town Hall Stratford, E15. To book your place at a morning (10.30am-12.30pm) or afternoon session (2-4pm) email **2012party@newham.gov.uk** or call **020 3373 3793**.

Zhenreenah Muhxiga, Maud Rd, E13

"Before we held our party no one really spoke to each other. That has changed now.

"I spoke to a few of my neighbours about having a street party. They thought it was a great idea and we arranged the event together.

"Even before the party things changed. People would pass by and say hello to one another.

"If someone wasn't keen on the idea there was no pressure to get involved, but they were welcome to join in.

"On the day, it was so good to see people come out with their tables, chairs and food. The street was decorated with bunting and flags and it was a great atmosphere. For entertainment, we had music, bingo, egg and spoon races and a talk from a resident who had lived on the street for years. I went to the library archives, did some research on Maud Road and gave a talk.

"Anyone considering a street party should go for it. I'd say it's hard work but get some people to support you. It's been almost six months since we had the party but we still talk about it today. I hope we can do it again next year."

The Cotswold Gardens Committee, E6

"We decided to hold a street party to mark the Royal Wedding as a way of getting to know each other better and creating a sense of community. We formed a committee and before long people that barely knew each other were in and out of each other's houses.

"Once everyone got involved, it was easy to organise. Newham Minicabs gave us a donation and we got a grant from Newham Council. They also helped with things like sorting out insurance, how to clean up after the event and road closures.

"On the day, the party went brilliantly. We had lots of activities: tug of war, boys vs girls competitions, a DJ, a petting farm, a bouncy castle and karaoke. We invited the fire brigade down and had someone from St John Ambulance there too. The entire street came out; even neighbours that don't talk put their differences aside and everyone enjoyed themselves.

"Since the party, people don't just pass you on the street, they stop and say hello or beep if they're in their car. Sometimes you may overlook someone as you think you have nothing in common with them but speaking to people makes you realise just how similar our backgrounds are – no matter where you come from.

"We'll definitely have another street party soon but we're not waiting for 2012 – we're already considering a Hallowe'en or Christmas celebration."

POLICE, COUNCIL, ACTION!

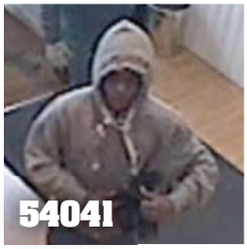
The police and council's relentless efforts to fight crime and tackle anti-social behaviour are having a profound effect on residents. You have supported our campaign to hold those responsible for this summer's disturbances to account. Hundreds have come forward with information about the identity of people up to no good caught on CCTV.

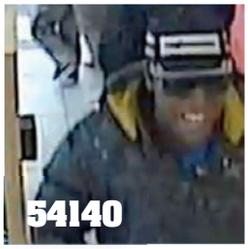
Look at the images in this issue. If you think you recognise someone, don't hesitate – pick up the phone and share your intelligence with the Newham Police CCTV unit; call **020 8217 5078** and quote the reference number on the image. If you'd rather remain anonymous, call charity Crimestoppers, in confidence, on **0800 555 111**.

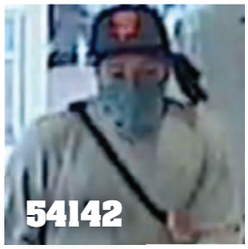
METROPOLITAN POLICE
Newham

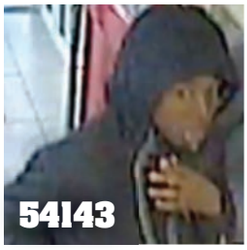
Working together for a safer London

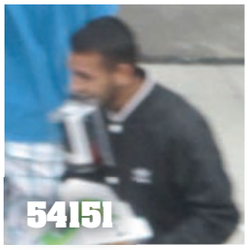
Newham London

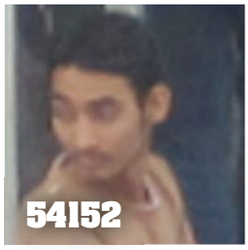


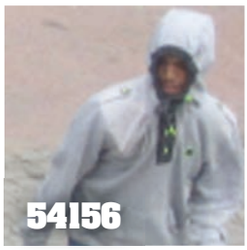


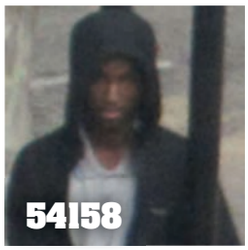


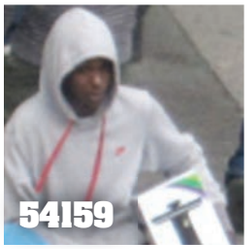


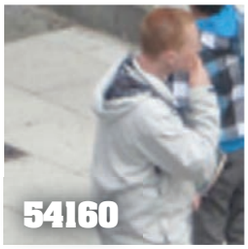


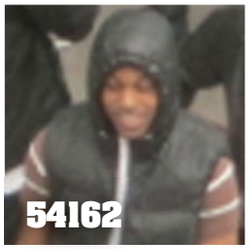


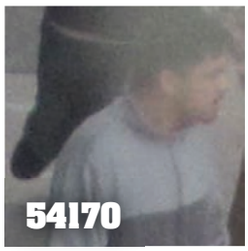












If you have any information please call the police CCTV unit on 020 8217 5078 and quote the reference number alongside the photo.

Taking a shine to Westfield

After a long wait, Westfield's doors are finally open. The huge shopping centre is as shiny as a new pin, but its polished floors and smudge-free windows are something most shoppers will take for granted.

Not Edison Da Silva Teixeira, one of more than 70 Newham residents who found work as a cleaning operative with GBM Support Services through the council jobs service, Workplace.

Like all GBM cleaning operatives, Edison chose a shift pattern that suits him. He takes pride in his work and its unique setting, saying: "The opening of Westfield was incredible. All the GBM operatives were there. There was a great team feeling on the day. I love working under pressure, keeping things tidy so we can receive our guests.

"The best thing about the job is working in a small team to tackle tasks. And the support; if we have a problem, we just call our supervisor from GBM, Lyn, and she's there. She's very helpful."

The path into work has been fairly smooth for Edison. Having spent two years studying at Newham College of Further Education in East Ham, he walked into Workplace off the street one day. He was assigned an advisor, Saira, and assessed on his literacy and numeracy. Once he was offered the job at GBM, he completed specialist training and started work. But the relationship with Workplace didn't end there: "I still go to Workplace to talk to Saira about how it's going. At Workplace it's all very local and that makes it feel much more supportive and the jobs more interesting," he says.

In addition to having job satisfaction and a very competitive wage, Edison says: "Working for GBM means that I can provide for my family. That's always been my goal."

GBM Support Services Group provides cleaning services at Westfield Stratford City. The company is keen to continue recruiting via Workplace and is currently looking to fill window cleaning roles.

More than 4,000 cleaning operatives will be required for the Olympic Games period. Workplace will start to recruit for these roles shortly. To register your interest in these jobs with LOCOG, visit **www.newhamworkplace.co.uk/LOCOG** For more information on Workplace and the jobs available, visit **www.newhamworkplace.co.uk** or call **020 3373 1101.**

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Get Involved
Health is for everyone

Newham University Hospital NHS
NHS Trust

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- **Speak to the PALS Team**

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This project and its actions were made possible due to co-financing by the European Fund for the Integration for Third-Country Nationals.
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Super Stratford

Shop

Whether you want the 'all under one roof' experience of department stores like John Lewis or Marks and Spencer at Westfield, off the peg fashions at City of Leather in InShops on Broadway or quirky high street tailoring from Zen in Stratford Shopping Centre, you'll find it in Stratford.

You can step out in style without breaking the bank with a range of footwear options from Jones the Bootmaker at Westfield to Shoe Zone in Stratford Shopping Centre. If accessories are more your bag, head to Stratford Shopping Centre's Travel Zone to grab your goods before you fly away, or bring out your sparkle at Blingz and Tingz in InShops.

Treat

If you want to indulge yourself, family or friends, there are lots of ways you can pamper yourself in Stratford. For hair that screams celebrity glam look no further than the Ginger Group in Westfield, or for a cut above the rest that won't break the bank try the H20 Hair Salon in InShops where a cut and blow dry starts from £15. For Afro hair try the Flex Hair Studio on The Grove or Roman in InShops.

If you're looking for something unique, why not Build a Bear at Westfield or personalise your gift at Image On Products in Inshops.

Beautify yourself with a specialist beauty treatment at La Perle on Broadway or delight your digits with a treatment at Le Monde Nails.

If money is no object, take some time out at Tag Heuer in Westfield for

Eat

Take a culinary trip around the world at Westfield's Great Eastern Market or experience the bargains to be had at Stratford's indoor and outdoor markets, where you can get your hands on almost anything – from meats to sweets.

Treat yourself to some fine dining, supermarket style, from Waitrose or the Marks and Spencer food hall, or enjoy quality and value from the variety of stalls at Stratford Shopping Centre's Indoor Market – discover fishy finds at Angel Lane Shellfish or make your five-a-day intake easier by shopping at the fruit and veg stall.

If you want a bite to eat, you'll be spoilt for choice at Westfield, with 70 dining experiences under one roof. If you want to stick to the tried and tested eateries outside Westfield, enjoy some Caribbean Flavours at the renowned Theatre Royal

Whether you're looking for designer goods or market wares, Stratford has it all.

The opening of Westfield Stratford City heralds the arrival of a new retail experience which sits alongside the unique mix of existing shops in the area, making the East End a place to rival the West End. From Aldo to Zumo, Stratford's got it all.

luxury watches or indulge in opulence with that all-important timepiece or jewellery gift at Fraser Hart.

Enjoy a slice of Italy at the newly refurbished Café Mondo restaurant on West Ham Lane or impress your guests at Jamie's Italian in Westfield.

in Theatre Square, or fast track yourself to South America at the Brazil Express in InShops, which serves coffee and dishes up bread, cakes and cheese.

If you're looking for delicious pub grub, head to King Edward VII on Broadway for some award-winning food or enjoy wholesome home cooked cuisine at the Railway Tavern on Angel Lane.

Discover all that Stratford has to offer with our new Stratford London guide, produced in Partnership with Visit London. Pick up a copy from Old Town Hall Stratford, Broadway, E15 or download your guide by visiting www.newham.com

A pizza history

The family business began its story in 1966, when five Italian brothers opened a fish and chip shop in Water Lane. The shops quickly multiplied and in 1997, Café Mondo opened its doors. Fourteen years on, Tony Zeolla, Café Mondo manager, talks about the revamp of his beloved café to bring traditional pizzas, sleek interiors and evening dining to local lovers of Italian food.

What brought you back to Stratford in 1997?

I saw potential in the area. There weren't many places to go for lunch; we were the first to offer a cappuccino in Stratford! We just went on from there and in 2000 opened a second branch in Stratford Library.

There was also an emotional pull to Stratford. I was born here and my family started out in Water Lane. It was a risk because there was nothing of the kind locally; now you've only got to walk across the road and you're in Westfield! But we were the first, and nothing can change that.

What are the major changes you've seen in the area?

The infrastructure – a new bus station, cinema, train stations and now the Olympics and Westfield. It's all fantastic and that's why I wanted to stay here. Now there

For almost 15 years, those in the know have flocked to Stratford's Café Mondo for fresh homemade food and excellent coffee.

are lots of new people but our customers are loyal. We've invested a lot in this business and this building. It hasn't been easy – I've re-mortgaged my home and borrowed money – but it's been a real family effort, which has been our story all along.

Your father's business opened in the year England won the World Cup. Have you got any plans for 2012?
We'd like to get involved with the businesses nearby and maybe have a street party. We'll see. I'm excited about the Olympics – in the short term it's going to cause a bit of inconvenience, with road closures etc, but it's going to be so worth it in the long run.

What's your favourite dish on the menu?
It's got to be the linguine with tiger prawns or the linguine mare, which is crab. They're very tasty and light.

I'm also a huge pizza fan, so we've now introduced pizzas. The dough is made fresh on the premises and they're traditional Italian thin crust large pizzas. All our ingredients are imported from Italy and we have a special pizza oven. Our Italian pizza chef was amazed to see that our produce is exactly what he was using back home in Naples.

What makes you stand out?
We're not a chain; we're a small, independent family restaurant with links to the borough going back three generations. We're your traditional big Italian family – we even use an old secret family recipe for the base of our sauces. But we also do traditional fish and chips. I couldn't leave that off the menu. I'm Italian but I'm also East End. We have a foot in both cultures.

How will you keep up with the competition from Westfield?
Westfield is amazing. We don't feel that we're in competition with them, because we offer something different. Our customers come here to get away from the hustle and bustle. For a nice evening out, a bit more of an occasion, they prefer to come to us. It's a different experience.

We had some people who were opening another Italian restaurant in the area come to our launch party. As they were leaving they said to me: 'You're a bit brave, opening just before Westfield.' But I don't think we're brave; we know what we're doing, we know our food is great and we're confident about the future.

Come and experience the all-new Café Mondo with a special Newham Mag reader offer: for the month of October on Monday, Tuesday or Wednesday, show this Newham Mag and get two pizzas for £10. Offer applies to eat-in customers only. Pizzas must be chosen from a special set menu.

For more on Café Mondo visit the new website: www.cafemondo.co.uk or call 020 8519 4013.

Special offers in Stratford

Here are some exclusive promotions especially for Newham Mag readers.

Tweet for tickets and enjoy the Vue

Newham Young Mayor Ali Mohamed has arranged for 50 lucky residents to enjoy a free screening of The Adventures of Tintin: Secret of the Unicorn with a friend at the new 17-screen state-of-the-art Vue cinema at Westfield Stratford City.

The latest offering by Steven Spielberg takes the tales of the well-loved character from the comic book to the big screen.

This exclusive offer is open to Newham young people aged between 11 and 18. The screening will take place at 6.30pm on Monday 31 October. Every winner will need make their own arrangements to get to and from the cinema.

To enter the ballot to win a pair of tickets you must tweet the following on Ali's twitter account: 'I'm tweeting for tickets' and also email youngmayor@newham.gov.uk with your name, age, address, contact number and twitter name. If you're aged under 16 you need to confirm you have parental permission to take part in this promotion. All entries must be received by 15 October. Find Ali on twitter by searching for ym_mayor

Two-for-one theatre

Theatre Royal Stratford East, Theatre Square, E15, is offering all *Newham Mag* readers 2-for-1 tickets to see the new comedy drama Shalom Baby by Rikki Beadle-Blair.

Set 1930s Berlin and present day Brooklyn, the latest offering by the award-winning writer and director tells the love story between a young black man and a Jewish girl, revealing the impact of the holocaust on black victims and survivors.

This exclusive ticket offer is available for all performances from 20-26 October, subject to availability. Call 020 8534 0310 and quote 'Newham 241' to book now.

Visit www.stratfordeast.com for more information.

A tasty offer from Tossed

If you thought healthy eating was boring, think again. Tossed at Westfield Stratford City serves up delicious awar-winning calorie-counted and nutritionally balanced hot and cold food.

Tossed is offering up to four people the chance to win a meal worth £30 at their eatery at The Balcony on the first floor at Westfield. The group will also enjoy a session with a nutritional advisor, who will show you how to cook the food you love in the healthiest way.

For those who aren't lucky enought to win, for a limited period, Newham Mag readers can enjoy a ten per cent discount off all food and drink.

Visit www.tosseduk.com to enter the competition and download your voucher.

Investing in our libraries

Our libraries are vital in providing opportunities for people to learn and come together.

Unlike many other local authorities across the UK, we will not be closing libraries. In fact, we will be delivering a programme of investment in libraries across the borough between now and 2014 to transform them into one-stop-shops where residents can come to educate themselves and their children, and make transactions with the council.

The programme is committed to the following within our libraries:

- **No library closures in Newham**
- **Compact self-serve kiosks that will make payments and service booking easier and quicker**
- **No reduction in book stock**
- **No reduction in the free family events programme**
- **No reduction in computer facilities with internet access**
- **Bright, modern facilities which make the most of the space in each building.**

The first to benefit is Canning Town Library which reopened on 15 September. Changes include 16 computers, a modern study area and four self serve kiosks. The improvements have meant that the majority of the services currently offered by Canning Town Local Service Centre can now be accessed from the library. For this reason, the cash office will no longer be available in the current LSC building from 1 October.

Other upcoming improvements include Stratford Library which closed for refurbishment on 1 October and will reopen spring 2012. This is to allow an upgrade of the building which will result in a combined library and Local Service Centre (LSC) with customers being able to access more services from one location. Once reopened, customers will have access to 42 computers (13 more than previous), a flexible children's area, a teenagers' section, expansion of the study area and self-serve kiosks.

Beckton Globe Library is also being refurbished and closed on 17 September to reopen spring 2012. Improvements to this library will include 22 computers (eight more than previous) and a number of self-service kiosks. The majority of the services currently provided from Beckton LSC will be provided from the library once reopened.

For more details about Newham's libraries please see www.newham.gov.uk/libraries

Westfield in pictures

1 Neon Newham: Westfield lights the Stratford sky. **2** Nicole Scherzinger was Right There for the launch party. **3** On your marks: open day shopping proves a test of speed and stamina. **4** Eye-eye: Olympic mascot Wenlock ready to fly off the shelves. **5** Taking shopping to a new level at the three-tier building.

Councillor Q&A

We asked you to send in questions you'd like to see answered in the Newham Mag. Dylan Fraser emailed us to ask:
I am 26. I have been registered on the housing list since I left school. I have been bidding for a very long time and I am having extreme difficulty even being put forward for a place, as housing state that I am low priority. I find this very hard to believe since I have been on the housing list for ten years. I have made many efforts to remedy this problem, but to no avail. I am desperately seeking your advice to rectify this problem.

Dear Mr Fraser
I hope that you understand that while I can reply in general terms it would not be appropriate for me to comment on the detail of individual cases. However, I would like to explain how we currently allocate our housing.

Our housing allocation, which is within the law, is heavily waiting time based. In Newham we support social housing allocation systems that are as simple, fair and clear as possible, an approach that has been supported by the judicial system.

However, because of legal considerations included in the 1996 Housing Act, we also have to allocate social housing to people who are in what is described as 'priority housing need', which the legislation defines as someone who has an issue, deficiency, problem or challenge that can only be alleviated through the provision of social housing.

From what you have shared about your circumstances, it seems you are not classified as being in 'priority need', which is probably why you have experienced a long wait for social housing. Alternative options available include renting in the private rental sector, or pursuing a shared ownership option with a housing association. The council is also exploring a shared equity scheme to assist residents with taking their first steps onto the property ladder. Keep reading the Newham Mag for news on further developments.

Yours sincerely,

Councillor Andrew Baikie, executive member for housing

Email your Councillor Questions to Newham.Mag@newham.gov.uk or write to Newham Mag, Fourth Floor, West Wing, Newham Dockside, 1000 Dockside Road, E16 2QU.

If you have a problem you think your local councillor could help or advise you on, drop into your local surgery – see the back of In Focus for times and locations or visit www.newham.gov.uk to find out more.

I AM...
Puja Varsani, competing in Mobile Robotics for Team UK, one of 46 skills on show
WHO ARE YOU?
worldskills London 2011
Find out at WorldSkills London 2011, the greatest skills Competition, careers and jobs event on the planet
For young people, adults and families to:
– Meet 100s of employers
– Receive impartial careers advice
– Get stuck in and Have a Go
Wednesday 5th – Saturday 8th October 2011, ExCeL London, Docklands
Register for complimentary tickets or £10 on the door*
Visit worldskillslondon2011.com now or call 0845 475 2011
*T&Cs apply
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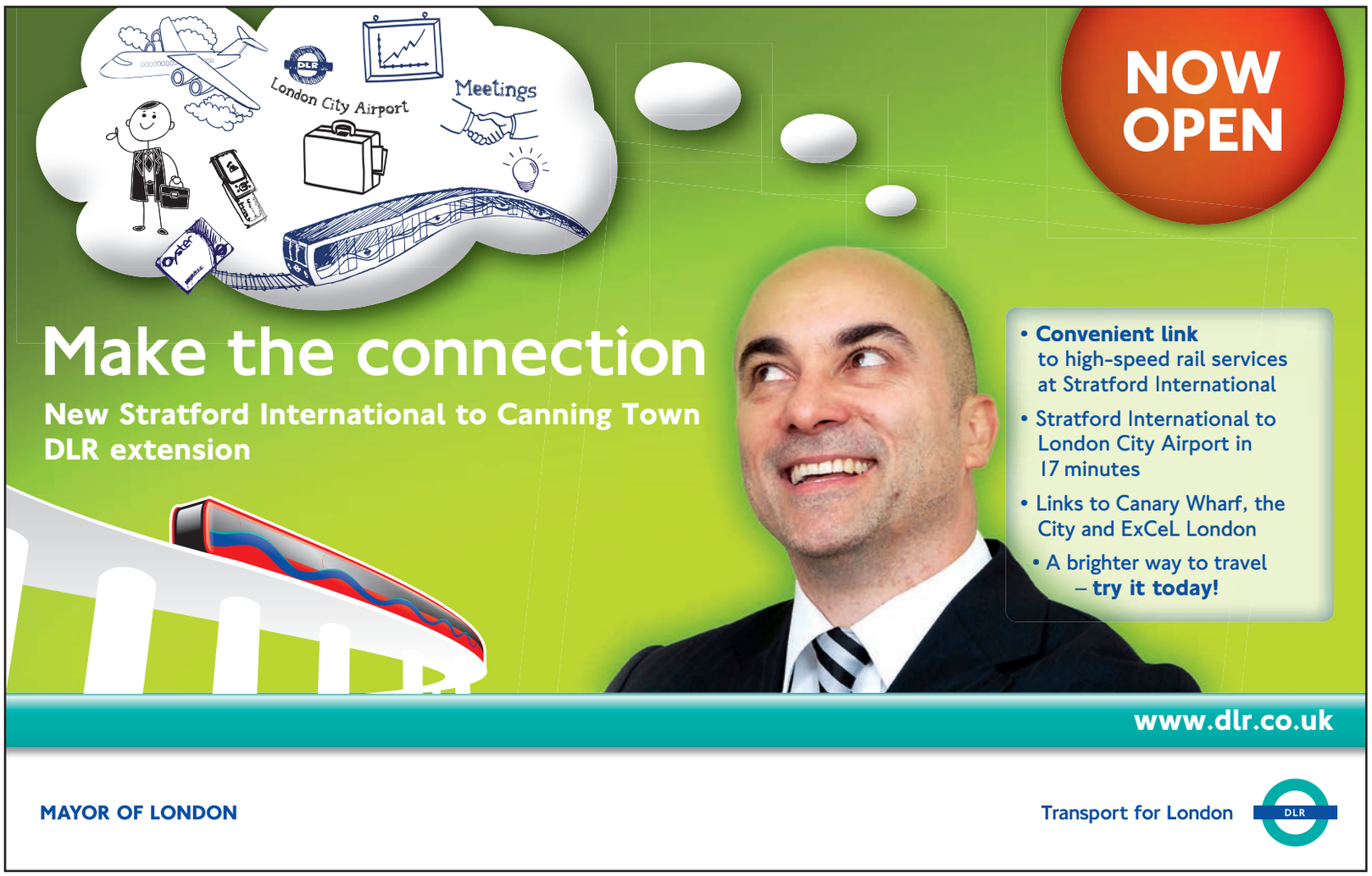
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MAYOR OF LONDON
Transport for London
DLR

Newham London

Inspiring People

Are you keen to get back into sport?

Whether you are keen to improve on existing skills or learn a new sport, with qualified coaches and instructors available to help, there's something for everyone.

Beckton Community Centre
East Ham Manor Way, E6 5NG
Monday
Bingocise, 1-1.30pm, FREE
Salsa, 2.30-4pm, FREE
Tuesday
Tonetastic, 12-1pm, FREE

Canning Town Recreation Ground
Newham Way, E16
Monday
Health walk, 9.50-11am, FREE
Thursday
Health walk, 9.50-11am, FREE

Central Park
High Street South, E6
Monday
Sheila's Yummy Mummy Buggy Fitness, 10-11am, £2
Health walk, 1.20-2.30, FREE
Thursday
Health walk, 9.50-11am, FREE
Saturday
RunEngland (jogging group), 10-11.30am, £2

Field Community Centre
Station Road, E7
Tuesday
ToneTastic, 10.30-11.30am, FREE
Salsa, 11.30-12.30pm, FREE
Wednesday
Nordic Walk, 10.30-11.30am, FREE
Thursday
Keep fit, 12.30-1.30pm, FREE
Ballroom dancing, 2.30-4pm, £1
Friday
ToneTastic, 10.30-11.30am, FREE

Grassroots, Memorial Park
Memorial Avenue, E15
Friday
ZUMBA, 6-7pm, £4
Saturday
ZUMBA,1-2pm, £4

Katherine Road Community Centre
Katherine Road, E7
Thursday
ToneTastic, 9.30-10.30, FREE
Friday
Non contact boxing, 5-6pm, FREE

Lister Community School
Saint Mary's Road, E13
Tuesday
Netball, 8-9.30pm, £2

Newham African Caribbean RC
627 Barking Road, E13
Thursday
ToneTastic, 12-12.45pm, FREE

Newham Dockside
1000 Dockside Road, E16
Wednesday
RunEngland (jogging group), 12-1pm, £2
Thursday
RunEngland (jogging group), 5.30-6.30pm, £2

Newham Leisure Centre
Prince Regents Lane, E13
Tuesday
RunEngland (jogging group), 5.30-6.30pm, £2
Wednesday
RunEngland (jogging group), 5.30-6.30pm, £2
Competitive Swimming, 9-10pm, £1
Sunday
RunEngland (jogging group), 10am-12pm, £2

Newham Sixth Form College
Prince Regent Lane, E13
Monday
Rounders,7:30pm-9pm, FREE

Plashet Park
Plashet Grove, E12
Friday
Sheila's Yummy Mummy Buggy Fitness, 10-11.30am, £2

The Hub
123 Star Lane, E16
Sunday
ZUMBA, 2-3pm, £4

Wanstead Flats
Harrow Road Changing Pavilion, E11
Saturday
RunEngland (jogging group), 10-11.30am, £2

West Ham Park
Upton Lane, E7
RunEngland (jogging group), 10-11.30am, £2

Visit
www.getbackinto.co.uk

Call
020 3373 1327

Email
GetActive@newham.gov.uk

Your views on doggy doos

Do some dogs in your area put the poo into pooch? Are they more rough than ruff ruff? Many of you tell us that you're fed up with some dog owners allowing their canine companions to run wild, fouling our streets and threatening people and their pets.

Last year, the council asked for your views on introducing new dog control orders (DCOs) to deal with this problem.

We received more than 270 replies and overwhelming support for the DCOs to replace the Dogs (Fouling of Land) Act 1996 and current bylaws for the control of dogs.

Now, following requests from residents and businesses, the council wants your thoughts on extending the DCOs to cover all open air public accessible land, such as green space on housing estates and car parks.

The fine for the DCO will remain the same at £80, with the possibility of criminal proceedings with a maximum fine of £1,000 if the penalty is not paid. Orders will be enforced by street scene enforcement officers, police officers and Police Community Support Officers (PCSOs).

Whether you're a dog owner or not, these orders will have an impact on you and your quality of life in the borough, so make sure you have your say. You can fill in a consultation form online by visiting **www.newham.gov.uk/dogsorders** or visit your library or Local Service Centre to fill in a form.

The consultation ends on 25 October. The extension to the land that orders will cover can only come into force once the formal consultation is complete.

At the moment there are five Dog Control Orders that authorised officers can enforce within the London Borough of Newham. They can:

- restrict the number of dogs a person may take onto land to four
- require the person in charge of a dog to clear up dog fouling
- require dogs to be on a lead on all highways, footpaths, verges and alleyways (Barking Road Recreation Ground is exempt from this)
- require dogs to be on a lead when directed by an authorised officer
- enforce Dog Exclusion Zones.

For more information go to www.newham.gov.uk/dogsorders

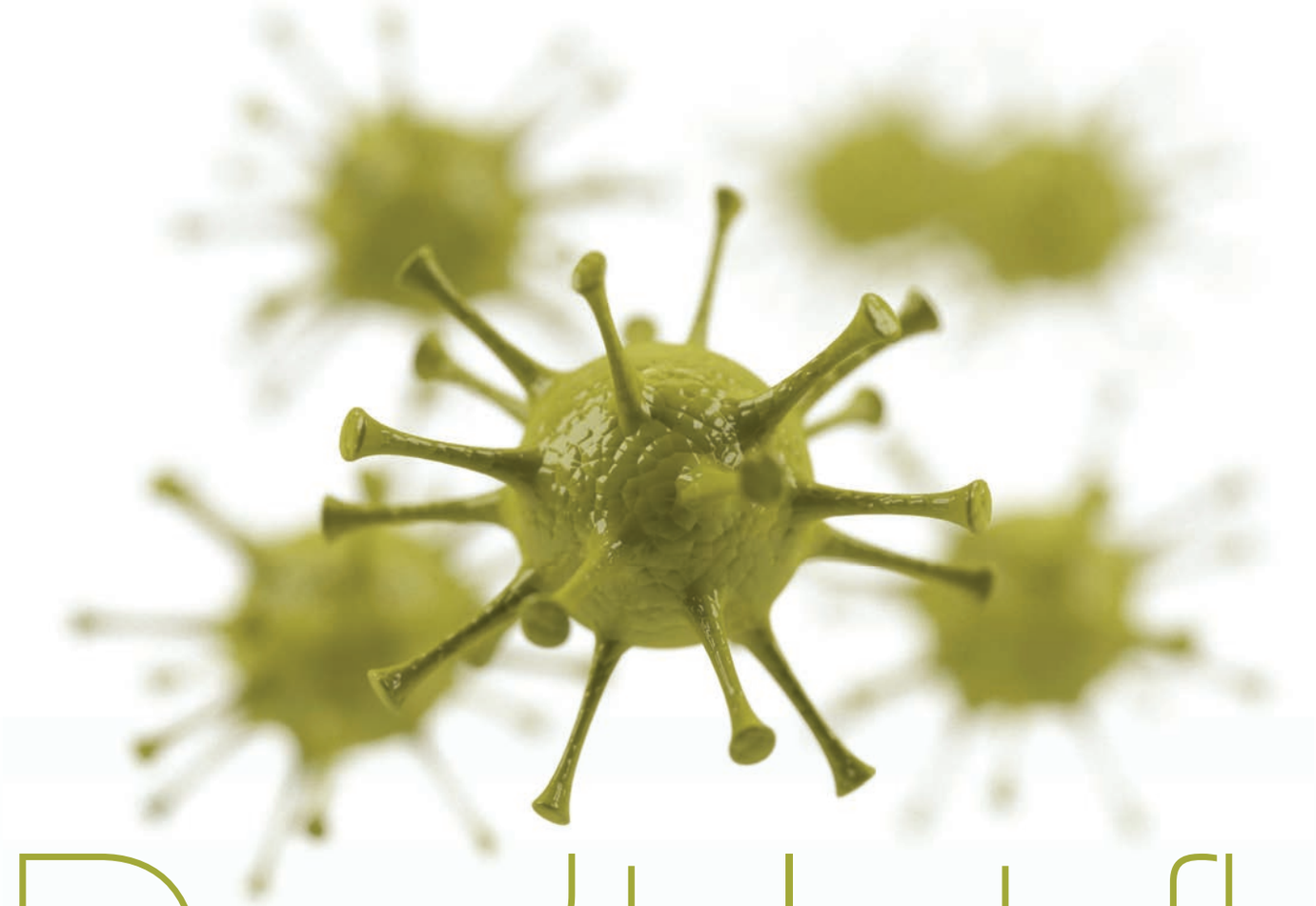
London CRIMESTOPPERS 0800 555 111
Call anonymously with information about crime

Newham London

IS THERE SOMETHING ON YOUR MIND? YOU CAN MAKE A DIFFERENCE

Call Crimestoppers 24/7 on 0800 555 111 to give information anonymously on gun and knife crime in Newham.
You could receive a reward of at least £150 and up to £1000 if the information you give to Crimestoppers leads to an arrest and charge.

Make Newham a safe place to live work and stay.



Don't let flu get the better of you

As the countdown to Christmas begins make sure you don't fall foul of the flu this winter.

Seasonal flu rears its germ-ridden head every year and the virus that causes it is different every year. Even if you had the flu jab last year you will still need it again to make sure you're protected against any new viruses.

While there is no miracle cure for the treatment or prevention of flu, getting the jab will ensure that, if you do catch the virus, your symptoms won't be as bad.

Not everyone needs to have a flu jab. If you're aged 65 or over, or are the main carer for a disabled or older person, you should protect yourself by having the flu vaccination. Other people at risk include those who have diabetes, a heart problem, chest complaints, liver or kidney disease or anyone who has suffered a stroke.

Evidence from the last few winters has shown that pregnant women who got the flu were more likely to be admitted to hospital with complications, so in order to protect your baby from flu, if you're pregnant you will also be offered the jab – regardless of the stage of your pregnancy.

If you fall into any of the above categories you will not need to pay for the flu jab. Speak to your GP practice for more details.

What to do if you get the flu

> **Drink lots of fluids** – this will keep your body hydrated and help flush out toxins.
> **Get some rest** – this will aid your recovery.
> **Talk to your pharmacist** – they can suggest over the counter remedies.
> **Avoid taking aspirin**, unless your doctor says it's OK.
> **Wash your hands frequently** – this will prevent germs spreading.

For most people flu is a mild illness and you should start to feel better after a few days without needing to go to your GP, walk-in centre/polyclinic or A&E. The best thing you can do is stay at home, rest, drink plenty of fluids and take over-the-counter flu remedies to help relieve the symptoms. If you feel very unwell check your symptoms online at www.nhs.uk. If you have taken these steps and are still concerned call NHS Direct on 0845 46 47 or your GP for more advice.

Got something to shout about? Email your ideas to newham.mag @newham.gov.uk

YOUR SPACE

where young people take control

GOLDEN GIRL

Demi Bromfield, 15, from Stratford, reports back on a visit from Russian gymnast Nastia Liukin.

I take part in lots of sports but my main commitment is to athletics, which I have enjoyed since I was nine. Aged 12, I began training in javelin. My coach recognised the passion and commitment I had for this event, which encouraged me to carry on.

Nastia with Demi and students at Sarah Bonnell School

"Her focus showed how determined she was to win and this has now given me the motivation to do the same in my sport."

Olympic gold medal gymnast Nastia Liukin recently visited my school, Sarah Bonnell. I'd seen Nastia on television and was curious to find out what she enjoyed about gymnastics and why she chose this sport. I discovered that to be a good athlete you need many qualities such as being determined, having confidence and, most of all, being focused and not letting go of what you want.

During her visit she showed us a documentary of her gold medal winning performance. I was truly inspired as this is an achievement I want to accomplish in the future. Her focus showed how determined she was to win and this has now given me the motivation to do the same in my sport.

I was surprised to find out that she was coached by her dad, who was her inspiration, and that she experienced a severe injury, yet was still determined to take part in the competition.

I am looking forward to next year's Olympic Games. I can't wait to see the new stadium and find out who will win gold. Visits from medallists like Nastia inspire people who are involved in sport and encourage those who don't take part to take it up as a hobby or just to keep fit. I really enjoyed meeting her and hope that one day I will be able to follow in her footsteps.

Newham London

Welcome to Queens Market

A great shopping experience all under one roof

NEW Sunday trading times: **12noon - 6pm**

NEW traders and car boot sellers are welcome. Introductory offer £10 per pitch.

Green Street, Upton Park E13

Trading Days and Times
- Tuesday 9am – 6pm
- Thursday 9am – 6pm
- Friday 9am – 6pm
- Saturday 9am – 6pm
- AND Sunday 12noon – 6pm

For more information telephone **020 8475 8971** or visit **www.newham.gov.uk**

QUEENS MARKET

Right next to Upton Park Tube, Green Street, Upton Park

Newham London

Starting school in Newham

Reception class places for September 2012

If your child will have their 5th birthday between 1 September 2012 and 31 August 2013 you need to apply for a reception class place now.

The deadline for a reception class place for September 2012 is **15 January 2012.** If you miss this date you will have less chance of getting the school that you prefer.

To make sure you apply on time, **apply online. www.eadmissions.org.uk**

From **12 September 2011** you can pick up a copy of the autumn 2011 edition of the Starting School guide from any London Borough of Newham operated nursery, infant or primary school. The guide includes a copy of the application form.

CREATE Olympic artwork

Are you a local artist? Bank of America Merrill Lynch is offering artists in the Olympic host boroughs the chance to brighten up their borough by competing in the CREATE Art Award – the largest participatory art award in the UK. The total value of the commission is £50,000 and it will be awarded in December, with the work to be put on display in June/July 2012 – the Olympic year.

The annual award helps artists living or working within the London 2012 host boroughs to deliver brand new public art commissions as part of the CREATE Festival.

The deadline for submissions is 5pm 28 October. For more details and rules visit www.newham.gov.uk/createartaward2012 or email artaward@createlondon.org

Jamie's Ministry of Food offers classes in cuisine

Learn Jamie Oliver's tips

In Newham you don't need to travel or pay over the odds for a masterclass in cooking – just get down to University of East London's Stratford campus this October for Jamie Oliver's culinary secrets.

Jamie's Ministry of Food in Stratford is the first of its kind in London, teaching recipes created by the TV chef to provide people with the skills to cook simple and delicious foods, making cooking the normal, easy and enjoyable option.

The decision to start the first official 'ministry' in Newham was taken because it is seen as a young, diverse and dynamic Olympic borough, described as the 'natural home for the first ever Ministry of Food'.

Jamie's Ministry of Food will be starting classes from Thursday 6 October at UEL's Stratford campus between 12-2pm and 2-4pm in the Cass School of Education and Communities Building.

Sign up to attend at www.bot.ly/JamiesMOF. For more information email classes@jamiesministryoffood-stratford.co.uk or call 020 8129 9085.

World-class Skills at ExCeL

The world's most talented young people are heading to Newham for WorldSkills London 2011, which takes place at ExCeL from 5 to 8 October.

WorldSkills inspires young people and students and open their minds to the endless possibilities their futures can hold.

As well as seeing the best young talent from a range of industries go head to head to in their field, you can have a go at skills ranging from electronics to plumbing, web design and fashion to cabinet making.

You can also find out about a wealth of inspiring careers and job opportunities and meet hundreds of top employers, including BT, Cisco, Honda and Siemens

Register online at www.worldskillslondon2011.com to get your free ticket or pay at the door on the day.

Take 5 for World Mental Health

World Mental Health Day promotes good mental health and wellbeing across the world. This year, Newham is celebrating throughout October and will play host to a whole week of programmes and events called Take 5. The Take 5 programme was named after the five key components which are important in maintaining good wellbeing: connecting with others, being active, taking notice of what you have, learning new skills and giving to others.

There are lots of exciting ways to get involved in Take 5, including stalls, events, workshops and activities – see page 37 for full listings.

16-24?

Free home Chlamydia testing for young people

Chlamydia affects one in ten young people in London aged between 16 and 24. Website www.checkurself.org.uk is combating this with a completely free and confidential service for Londoners aged between 16 and 24 who don't have symptoms, with a self-check kit. The test kits are delivered free of charge and are 100 per cent confidential. All you will need to do is post your urine test and await the results, which you should receive in approximately five days.

The kit you will receive will be the same one used at your local reproductive and sexual health clinic. The kit and any treatment you may need will be completely FREE. You don't even have to pay to post your sample back.

For more information visit www.checkurself.org.uk

100 years of Plashet Park Bowls

Plashet Park bowlers

A big happy birthday is in order as Plashet Park Bowls Club celebrates its centenary this year.

The club played a centenary match with members of the London Secretaries Assocation (Scribo), and two Plashet teams competed in the final of the Andy Seeley Trophy which they went on to win.

Plashet Park Bowls Club encourages new membership and is pleased to have recently welcomed members from more diverse communites, making for a club that reflects the borough's make-up.

For more information about the club contact 020 8552 3789.

Kids' corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU

GALLERY

Winner

Nikita Makhija, 12

Neda Petrusevicrute, 9

Malaika Janjua, 7

Rennee Addo, 8

Free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.

Stratford Picturehouse, Theatre Square, E15

Colour-me-in Wordfit

F	L	O	W	E	R	S		

3 letters

AXE
DIE
EYE
GAP
ICE
ION
LIE
NET

4 letters

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HELP
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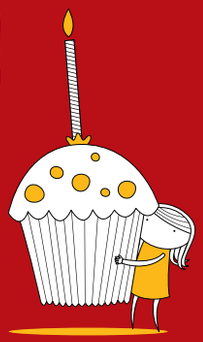
WIN!!!

DESIGN A BIRTHDAY CARD FOR STRATFORD CIRCUS



You can help Stratford Circus celebrate its birthday in style! The famous arts venue is launching a competition with the Newham Mag to design a birthday card.

If you are under the age of 12, put pen, paint, crayon or whatever you like to paper. Families as well as schools are welcome to enter. There are two prizes: individual entrants could win a ticket for a family of four (must include one child) and school entrants could win tickets for their class (30 children and one teacher) for the theatre performance Snow Play taking place on 9 December at 2pm.

Competition closes 31 October. Birthday cards can be anything up to A4 size and will be placed into the foyer of Stratford Circus on its birthday wall. Pop into Stratford Circus or see their website for further details of how to apply **www.stratford-circus.com**

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN!

To view hundreds of events, or to add your own, log on to **www.newham.gov.uk/whatson**

30 SEPT – 13 OCT

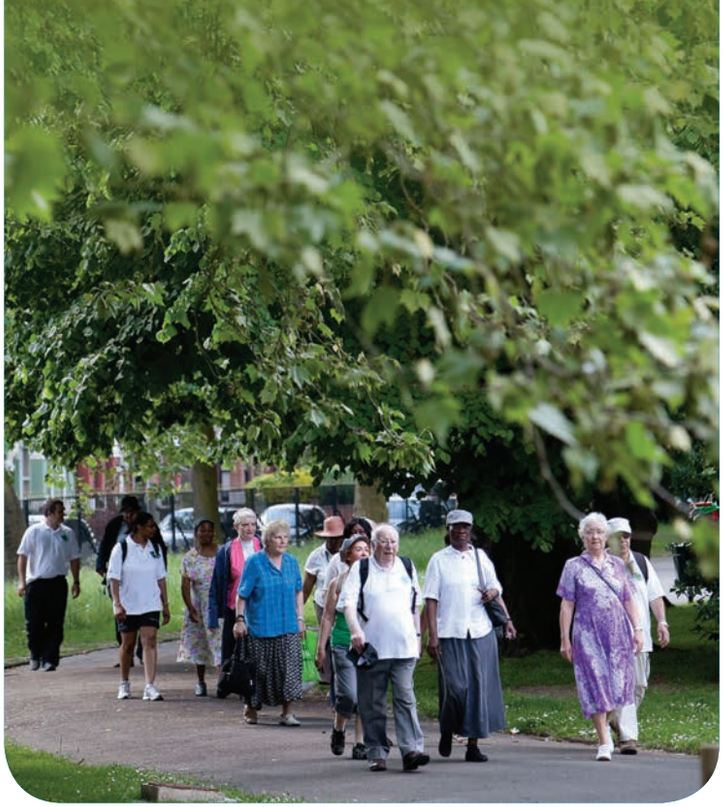
TRY SOMETHING NEW... FREE VOLUNTEER WALK LEADER TRAINING

If you think you could get people to follow your lead sign up for free volunteer walk leader training on Saturday 15 October.

Newham needs more walk leaders to deliver its Walking for Health programme. The one day course is for people who are willing and able to lead walks in their community. The course covers areas including how to lead a walk, benefits and barriers to exercise and information on specific medical conditions.

Training takes place from 9.15am-4.30pm at 3 Atherton Road, E7.

Booking is essential and spaces are limited. Contact Paula Peaty on 020 3373 6588 or email paula.peaty@newham.gov.uk to secure your place.



ALL LIBRARY LISTINGS

See Library Contacts (next page) for venue details.

UNDER FIVES GROUPS

All open to under fives with their parents/carers.

Storytelling
Beckton Globe Friday 10-11am
Custom House Tuesday 10.15-11.15am
East Ham Wednesday 2-3pm
The Gate Friday 11am-12noon
Green Street Thursday 10.30-11.30am
Manor Park Thursday 10.30-11.30am
North Woolwich Thursday 2-3pm
Plaistow Tuesday 11am-12noon
Stratford Tuesday 11am-12noon and Friday 11am-12noon

Crafts Club
Manor Park Tuesday 10.30-11.30am

Toy Library
Beckton Globe Monday 10am-12noon and Thursday 1-3pm
East Ham Tuesday 10am-12noon and Thursday 10am-12noon

Imaginative Play
East Ham Friday 10.30-11.30am

Learning & Craft
Beckton Globe Tuesdays during school term 1.30-2.30pm

ADULT READING

Adult Reading Groups
The Gate Tuesday 4 October 6.30-7.30pm
Plaistow Thursday 6 October 6.45-7.45pm
Stratford Monday 10 October 6.30-7.30pm

OTHER GROUPS

Over 50s Club
Beckton Globe Thursday 10-12 noon

Click-On – computer sessions for over 50s, contact the library to book a place
East Ham Friday 10am-12noon and 2-4pm
Plaistow Friday 10am-12noon and 2-4pm

ICT Surgeries
The Gate Thursday 10am-12noon

Knit & Natter – craft group for men and women of all ages and abilities
Beckton Globe Wednesday 10am-12noon
Custom House Thursday 1.30pm – 3.30pm

Movie Night at Stratford Library – free showing the film 'Black Swan' (Cert.15) by Mark Hayman.
Stratford Thursday 13 October 6-8pm (prompt start)

YOUNG PEOPLE

Homework Club – All young people aged seven to 14 can get free study support at their local library on the days and times below. School term only.
Beckton Globe Tuesday 4-6pm

Canning Town
Thursday 4-6pm
Custom House
Thursday 4-6pm
East Ham
Monday 4-6pm
The Gate
Tuesday 4-6pm
Green Street
Tuesday 4-6pm
Manor Park
Thursday 4-6pm
North Woolwich
Monday 3.30-5.30pm
Plaistow Thursday 4-6pm
Stratford Monday 4-6pm
Games Clubs – Sony PS3 or Xbox 360 and Nintendo Wii games, board games and many more free activities for eight to 13-year-olds.
Custom House
Tuesday 3.30 to 5.30pm
East Ham
Tuesday 3.30-5.30pm
Manor Park Monday 3.30-5.30pm
Stratford Playerz – Free activities for young people aged 12 and over.
Stratford Thursday 6 October 4pm-6pm
Teen Xtra Evenings – Free activities for ages 12-21.
The Gate Thursday 6-8pm

EAST LONDON LIBRARIES FESTIVAL

Monday 3 October
We Love Chick-Lit Writers Panel
Some of the most popular Chick-Lit writers join together to discuss their love of the genre. Award-winning Jean Fullerton chairs and the panel includes Sue Moorcroft, Sue Norton and Kate Lace.
Admission: Free
Time: 6.30pm-8pm

Thursday 6 October
Tyger! Tyger! Poetry with Anna Robinson
Celebrate National Poetry Day with a playful look at the poetry of William Blake. Ages 6-12.
Admission: Free. Time: 4pm-5.30pm

Venue: East Ham Library
Enquiries: 020 3373 0827

Learning & Craft

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 3373 0853
Custom House Prince Regent Lane, E16 3JJ. 020 3373 0855
East Ham High Street South, E6 6EL. 020 3373 0827
The Gate 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 3373 0856
Green Street 337-341 Green Street, E13 9AR. 020 3373 0857
Manor Park Romford Road, E12 5JY. 020 3373 0858
North Woolwich 5 Pier Parade, E16 2LJ. 020 3373 0843
Plaistow North Street, E13 9HL. 020 3373 0859
Stratford 3 The Grove, E15 1EL. 020 3373 0826
Archives and Local Studies 020 3373 6881
Community Outreach Services For more information call 020 3373 0813

SPORTS PROGRAMME

Basketball
Newham NSP (free)
- Basketball coaching, 8-19
Mon, 7.30-9pm
Little Ilford Youth Centre, E12
- Basketball Competition, 8-19
Tues, 6-7.30pm
Lister School (Sports Hall), E13
- 3 vs 3 league, 8-19
Thurs, 5-7pm
Forest Gate Youth Centre, E7

Youngbloods Basketball
- Under-12s, mixed
Saturdays, East Ham Leisure Centre
1-3pm
- Under-13/14s, boys
Mondays, 6-8pm, St Angela's School
Tuesdays, 5.30-7.30pm
Newham Leisure Centre
- Under-14s, girls
Mondays, 4.30-6pm, St Angela's School
Tuesdays, 5.30-7.30pm,
Newham Leisure Centre
- Under-15/16, boys
Tuesdays, 6-8pm, East Ham Leisure Centre
Fridays, 6-8pm, St Angela's School
- Under-17/18 boys
Tuesdays, 8-9.45pm, East Ham Leisure Centre
Thursdays, 7-9pm, St Bonaventure's School
Fridays, 6-8pm, St Angela's School
Each session costs £1. Contact Caroline on 07958 307 657 for more details.

Football
Newham NSP (free)
Five-a-side
- U14 & U18
Mon, 6.30-8.30pm
Newham Leisure Centre, E13
- 11-18
Wed, 5-8pm
Priory Park MUGA, E6
- 8-19
Wed, 5-6.30pm
Keir Hardie Park, E16
- Five-a-side, 8-19
Fri, 6-7.30pm
Scud Park, Tant Avenue, Canning Town, E16.
- Mayor's Football League, U14, U18,
Thurs, 4-6pm
Memorial Park
- Coaching and competition, 8-19,
Sun, 1-2pm
Winsor Park, E6

Basketball

- Monthly tournament
U12, U14, U18, 10am-1pm
First Sat of the month
Plashet Park, E6

WHU Kickz (free)
Mon
- U14, 4-5.30pm
- 15+, 5.30-70pm
West Ham Community Astro Turf (Beckton)
- 11-18, 5-8pm
Forest Gate Youth Centre, E7
Tues
- U14, 4-5.30pm
- 15+, 5.30-7pm
West Ham Community Astro Turf (Beckton)
- 11-18, 6-9pm
Priory Park MUGA, E6
Wed
- 11-18, 5-8pm
Priory Park MUGA, E6
Thurs
- 11-18, 4-7pm
Priory Park MUGA, E6
Fri
- U14, 4-5.30pm
- Girls 11+, 5.30-7pm
West Ham Community Astro Turf (Beckton)
- 11-18, 5-8pm
Forest Gate Youth Centre, E7

Air Football 16+
Tues
1-3pm, Stratford Park, E15
Fri
3-5pm, Beckton Powerleague
For more info visit www.airfootball.co.uk

Ascension Football Academy
For info call Beryl Callison 020 7511 1232.

Athletics

School years R-3:
9.30-10.30am
School years 4-7:
10.45-11.45am
School years 8-11:
12noon-1.30pm
All sessions £2.50
King George V Park, E16

Basketball

Newham All Star Sports Academy (NASSA)

Junior programme
Gifted & Talented
8-11yrs boys/girls
Cumberland school,
Oban close, E13
Fridays, 4.15pm-5.30pm
U13/14, Thursdays 4.30-6.30pm and Saturdays 10am-12.30pm
U15, Thursdays 5.30pm-7.30pm, Newham Leisure Centre, 281 Prince Regent Lane, E13
U16/18, Monday 5.30-7.30pm
Rokeby School, Canning Town
E16 4DD

Senior Men/Women Programme
Division 2 Women and Division 3/4 Men
Monday 7.30-9.30pm
Rokeby School, Barking Rd, E16
For details contact coach Chris on 07703 503 995 or Coach Aurimas on 07712 176 301

Handball (free)
- Newham Flames, Tues
U15, 3.30-5pm
U18, 5.30-6.30pm
Newham Leisure Centre, E13 (Multi-Sports Hub)
Call Ari Bekker on 020 8430 2484

Multi sports (free)
Newham NSP
- Handball, football, competition
5-7pm, 8-19
Wed, Stratford Park, E12
- Coaching and competition
4-5.30pm, 8-19
Fri, St John's Community Centre, Albert Rd, E16

Athletics at Newham Leisure Centre
- Get Set Go Group, 11-16
Mon, 4-5.30pm, £1
- Met Track 10-17
Fri, 4.30-6pm
- Newham and Essex Beagles Athletics Club, 10+
Mon and Wed, 6.30-9pm; Sun, 10am-1pm
Email jacqueline.ramsden1@btinternet.com

Cricket
- Tapeball cricket league (free)
11-15, 16+, 6-9pm
Kingsford Astro Turf
- Newham Cricket Club
Monday 5-7pm
8-16, £2 per session
Flanders field, Napier Road, E6
Visit www.newham.gov.uk for information.

Boxing
West Ham ABC - community boxing, 11-19 years
FREE Olympic style amateur boxing sessions. Improve your fitness and make new friends in a safe friendly non-contact environment.
Hathaway Community Centre
Hathaway Crescent, E12
Wednesdays, 7pm
Ascot Community Centre
Hermit Road, E16
Saturdays, 2pm
Email carl.barton@newham.gov.uk or call 020 8430 2000 (ext 36034) for more details.
- West Ham Boys ABC
9-years +; boys and girls
Mon, Wed, Fri, 5-6pm
The Black Lion, 59-61 High Street, E13
Call Lianne Jameson on 020 8472 3614
- Peacock ABC 8-years +
Mon, Wed, 6-8pm
boys and girls
Caxton Street North, E16
Call Martin Bowers on 020 7511 3799
- Newham Boys ABC
6-years +; boys only
Mon, Wed, Fri, 6-7.45pm
Old Bath House
141 Church Street, E15
Call Ravinder Atwal/Joe Chapman 020 8519 5983
- Fight For Peace 11 years +; boys and girls
(Phone for session details)
Woodman Street,
North Woolwich, E16
Call Marigold Ride on 020 7474 0054

Contact clubs before visiting

Free non-contact boxing
Non-contact boxing is the perfect way to increase your fitness, lose weight, build strength and learn to defend yourself.
Osmani Boxing Club is open to males aged eight to 25
Fridays, 4-6pm
Froud Centre, 1 Toronto Avenue, E12
For more information call 020 7247 8080 or email healthyfutures@osmanitrust.org

Newham Swords
Learn to fence with Olympic champions; from ages four to adult. The Hub in the grounds of Newham Leisure Centre, Prince Regent Lane, E13.
Tuesday 6.30-9pm
Thursday 6.30-9pm
Friday 7.30-10pm
Call Linda on 07956 618 898 or visit www.newhamswords.co.uk

Dare 2 Dance
Free street dance classes for girls aged 14-24 including break dance, krump, waacking and popping.
Newham Leisure Centre (New Indoor Multi Sports Centre), 281 Prince Regent Lane, E13
Friday 3.30-5.30pm (3.30 - 4.30pm Open Technique Class, 4.30 - 5.30pm Choreography Class)
For more information contact Nicole on 07970 783 526 or email nicole.napier@newham.gov.uk

Newham Striders
Free, sociable walking group that go striding in the local area seven days a week. Visit www.newham.gov.uk, email paula.peaty@newham.gov.uk or call 020 8430 2000 for more information.

Newham Shoujin Karate
Sessions for beginners:
Wednesday 4.30pm-5.30pm (4-15), term time
Thursday 6-8pm (16+)

Handball

Friday 6-7pm (4-15) & 7-8pm (16+)
Sunday 10-11am (4-16+)
Sessions are held at Newham Leisure Centre, Prince Regent Lane and the adjacent Multi-Sports Indoor Centre. For more information call 07508 070 638 or visit www.shojin.co.uk

WCKD Karate & Self Defence Institute
Teaching Freestyle Karate and self defence
All levels including beginners
Children (5-9 yrs) £3.50 Weds 5-6pm & Sat 11am-12noon
Juniors (10-15 yrs) £5 Weds 6-7pm & Sat 12noon-1pm
Adult classes also available.
Maryland Studios, 84-86 Leytonstone Road, Maryland, Stratford, E15 1TQ
Call 07535 928297 or email wuchikwondo@gmail.com for more information.

Ramgharhia Badminton Club
Adults (Advanced)
Tuesdays, 7-9.30pm
Little Ilford School
Church Road, Manor Park
Juniors
Fridays, 6-7.30pm
Adults (Beginners/ Intermediate)
Fridays 7.30-9.30pm
Langdon School, Sussex Road, East Ham
For more information and prices contact Kilvir Bahra on 07803 834 037 or email ramgarhia.bc@gmail.com

Adult Badminton (16+)
Sunday, 11am-1pm
Froud Centre, Toronto Avenue, Manor Park, E12
All standards welcome.
Call Hilda on 020 8553 3223 or e-mail hildasilcock@hotmail.co.uk for more information.

OPA Netball Club
Tuesdays
Under 16s: 6-7pm and over 16s 8-9pm
Matches in Essex Met League/ Three Swords League on ***Saturdays***
Lister Community School, St Mary's Road, Plaistow
All levels welcome, for more information and prices call Lesley Jones on 07717 281 529 or email opa_netball_club @hotmail.com

Run in England – all £2
For more details email oimafidon@runinengland.co.uk or call 0797 926 1647
***Monday**, 4-5.30pm, Newham Leisure Centre E13, meet on the track*
***Tuesday**, 6-7pm, Newham Leisure Centre E13, meet on the track*
***Wednesdays**:*
12noon-1pm, Newham Dockside, Dockside Road E16, meet at reception
5.30-6.30pm, Newham Leisure Centre E13, meet on the track
***Saturdays**, all 10-11.30am:*
Central Park E6, meet at the café, Wanstead Flats, meet at Harrow Road Changing Pavilion West Ham Park E15, meet at southgate entrance off Portway
***Sunday**, 10am-12 noon, Newham Leisure Centre E13, meet on the track*

East End Road Runners – for all abilities
Tuesdays, 7pm,
meet on the track at Newham Leisure Centre, Prince Regent Lane, E13. Annual membership £10. Members: £3 per session/ non members £4.

Women United FC (16+)
Mondays (Term time only)
6.00-7.15 Kingsford School, Kingsford Way. Call Shona Pollock on 07968 665849

Woodside Badminton Club
Fridays 8-9.30pm
Carpenters Docklands Centre 98 Gibbins Road, E15.
Intermediate and club standard players welcome.
Call Steve 020 8514 1586. £5 waged/£3 unwaged

Cycling – sessions and guidance
Wednesdays: 11am, 12.15pm and 1.30pm
Free, all equipment provided
F13 Waterfront Studios, 1 Dock Road, E16
Call 020 7055 0808 or visit www.careinmind.org.uk

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports
Free Flying Wheels club for young wheelchair users aged six to 22. With an emphasis on wheelchair rugby and training from professional players.
Wednesday and Friday evenings, 6-8pm
Rokeby School, Barking Road E16 4DD
Call Eda on 020 8472 0058 for more information.
Mon, Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School, E16, 4-5.30pm
Fri, 4-8pm, Newham Leisure Centre, E13, free

Multi-Activities
People with Disabilities Club, Tues, Newham Leisure Centre, E13, 10.30am-12.30pm

Family swims for disabled children and adults
Newham Otters Swimming Club, Sat, Newham Leisure Centre E13, 4.45-5.45pm
For more information call 020 8552 3195
£5 Family Swim, Sun, Balaam Leisure Centre, E13, 12.30-2pm
For details call Zeenat on 07528 562 902

Get fit for free
Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30-3.30pm. To book an induction you must contact Zahra Mirza on 020 7511 4477

Goalball
First Thursday of the month at Newham Club, Brampton Manor School from 5-7pm

B1 Football Club
Third Sunday of every month at East Ham Leisure Centre from 10am-12noon

For all of the following sessions contact Zahra at GLL on 020 7511 4477.

Free Trampolining sessions
Fri, 4-8pm; Sat 12.30-2.30pm, Newham Leisure Centre, E13

Free exercise to music
Sat, 12.30-2.30pm, Newham Leisure Centre, E13

Mixed swimming session for adults and children
Wed, 10am-12noon, East Ham Leisure Centre, £1.15

Families dealing with Autism Swim
Wed, 4-5pm, Balaam Leisure Centre, free.

TAKE FIVE EVENTS

Singing for wellbeing: workshops for all levels
Friday 7 October, 10am to 3pm
ITHACA House, 27 Romford Road, E15 4LJ
Contact: Tigist.teferi@eastlondon.nhs.uk or 020 7655 4170

Wellbeing workshops: user-led, run by ASK and Hestia.
10 -14 October, 2-5pm
Contact: Divya or Ashraf on 020 8221 2090

Exercise for health: Pilates-based, for all ages
Wednesday 12 October, 6.30-7.30pm. All Saints Parish Church, Forest Gate, E7 8AE

£2 towards refreshments. Contact: Sonia on 020 8529 7998 or sonia.harding@prostate-awareness.co.uk

The happy heart event: Mental Health open day and wellbeing taster sessions
Wednesday 12 October, 12-4pm. ITHACA House,27 Romford Road, E15 4LJ
Contact: chris@inuf.org or 020 8534 2488

Mood and Food Workshop: for young people on the effect of food on mental health
Wednesday 12 October
Focus Foyer, Brimstone House, Victoria Street, Stratford, London, E15 4NX
Contact: Tope@harmonycentre.org.uk or 020 7511 2800

Let's get moving – Gym and fitness class taster sessions
Wednesday 12 October, 1-6pm. Atherton Leisure Centre, 189 Romford Road, Stratford, London, E15 4JF. Contact: Dan on 020 3373 1327

Tackling stigma in mental health: user-led workshop
Thursday 13th October, 2-4pm
Venue TBC
Contact: Divya.patel@hestia.org or 07772 174 917

Tea and talk: voluntary donations accepted
Friday 14 October, 1-5pm
Hestia, 22 Deanery Road, Stratford, E15 4LP
Contact: Divya.patel@hestia.org or 07772 174 917

CARERS' EVENTS

Newham Carers Network offers FREE health related activities to carers through its Better Health for Carers Project. Activities and workshops offered this autumn include:

Herbal Workshop
'Traditional diets – why we eat what we eat – health secrets we don't even think about'
Thursday 6th October at Stratford Advice Arcade

For information and to book your FREE place please call Jackie on 020 8519 0811 or email jackie@newhamcarers.org.uk

Nordic Walking organised by Age UK
Tuesday mornings on The Greenway. Wednesday mornings on Wanstead Flats Friday mornings at Plashet Park. Carers and others are welcome to attend walks after induction. To arrange an induction or for further information ring Joan or Bee on 020 8586 8858/8853

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6, unless specified

Tuesday 4 October
Regeneration and Employment Scrutiny Commission, 7pm, Committee Room 2,
Health and Social Care Scrutiny Commission, 7pm, Committee Room 1

Wednesday 5 October
Standards Committee, 6.30pm Committee Room 2
Shadow Health and Wellbeing Board, 7pm, Room EG.05/06, Ground Floor Newham Dockside

Thursday 6 October
Mayoral Proceedings, 10am, Council Chamber

Tuesday 11 October
Children and Young People Scrutiny Commission, 7pm, Committee Room 1

Thursday 13 October
SACRE, 7pm, Lister Room, Newham Town Hall

MEET THE MAYOR

Meet Sir Robin
Thursday 6 October, 12-1pm, Stratford Local Service Centre, 112-118 The Grove, E15

Monday 10 October, 9.30-10.30am, The Place, 2 Silvertown Way, E16

Speak to Sir Robin
Wednesday 12 October, 9.30-10.30am. Call 020 3373 8444 between 9.30am and 10.30am and speak directly to Sir Robin.

USEFUL NUMBERS

020 8430 2000
Hundreds of services, just one number – for all council enquiries
For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor
Write to the Mayor at Newham Town Hall, Barking Road, London, E6 2RP or email mayor@newham.gov.uk
For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk
For information about the 2012 Games and how it will affect Newham, visit www.newham.gov.uk/2012Games
To report anti-social behaviour – anything that causes your local area to look unsightly or makes other residents' lives unpleasant – call Newham's 24-hour hotline on 0800 731 3300
To speak to the Newham Mag team, call 020 8430 2000 or email newham.mag@newham.gov.uk

GET SOME KICKS WITH FOOTBALL

Whether you support West Ham United or Millwall, are a semi-professional or first time player, as long as you're a female who's into football you can join the Women United Football Club for free.

Thanks to a grant from FREESORT, Women United Association Football Club (WUAFC) are opening up their training sessions to beginners.

The sessions are suitable for all women. All you need to take part is comfy clothes, flat shoes and a bottle of water.

The team meets every Monday from 6.00-7.30pm at Kingsford Community School, Kingsford Way, E6, enter from the back gate via the Beckton Tunnel.

Young MAYOR OF NEWHAM

Newham London

YOUNG MAYOR 2011

YOUR VOTE COUNTS.

www.newham.gov.uk/youngmayor

ym _newham

Who will you vote for?

Voting day: 2 November 2011

To find out more about the candidates visit
www.newham.gov.uk/youngmayor

Newham London

Inspiring People

Let's get the party started!

Do you want to organise your own community event or be part of one of our events? Help us show the world that Newham will be the place to party in 2012. Whatever your ideas, we want to know!

Come along to our special launch event and find out how we can help you make it happen.

Saturday 8 October – Old Town Hall Stratford, 29 The Broadway Stratford, E15. Session one: **10.30am-12.30pm**. Session two: **2-4pm**.

To reserve your place at the event email **2012party@newham.gov.uk** call Natalie Osei-Owusu on **020 3373 3793**.
Or visit **www.newham.gov.uk/letsgetthepartystarted**